

# Teaching Classes



# **Class 5 Outline**

I. Class 4 Review

II. Civil Rights

III. Breastfeeding Counselors at Work

IV. Review of WIC Materials

V. Peer Counselor Training Evaluation

VI. Invitation to Graduate

## Class 4 Review

1. What is Jaundice? Can the mother still breastfeed?
  
2. What are some things that could make a mother with a newborn feel grief?
  - 1.
  - 2.
  - 3.
  
3. What are some feelings that are part of grief?
  - 1.
  - 2.
  - 3.
  - 4.
  - 5.
  - 6.
  
4. Should a mother wean who is returning to work or school? What information could you share?
  
5. How long can you store breastmilk in the refrigerator?  
In the freezer?
  
6. How often should a breastfed baby nurse?  
How long on each side?

**Final Review - Cont.**

7. If a pregnant mother tells you she has inverted nipples, what would you suggest?

8. Can a mother with diabetes breastfeed her baby?

Can a mother with herpes breastfeed?

Can a mother with HIV virus breastfeed?

Can a baby with Down's Syndrome breastfeed?

Can a mother with twins breastfeed?

9. When a mother asks you a question you don't know, what will you do?

10. Who is your supervisor?

Who is the social worker you may refer mothers to?

Do you have the phone number of La Leche League in your area?

Is there a lactation consultant in your community?

## **WIC Civil Rights Policies**

### ***How we do business***

#### **C.R. - 2.0**

The same standards for determining eligibility and participation in the WIC Program apply to everyone regardless of sex, age, disability, race, color, or national origin. All locally developed materials concerned with outreach, program information, or participants' rights that are distributed to the public or posted for public viewing must include a nondiscrimination statement.

### ***Staff responsibilities***

#### **C.R. - 1.0**

The local agency (LA) is required at the time of each certification to have the participant or parent/guardian/caretaker of the participant read, or be read, the rights and obligations of a participant in the WIC program. The LA staff shall at the time an applicant is found ineligible, have the applicant or parent/caretaker of an applicant read, or be read to, the rights of an applicant to the WIC Program. In Texas, the rights and obligations are spelled out thoroughly on the Supplemental Information Form (SIF).

### ***Compliance issues***

#### **C.R. - 10.0**

Where a significant proportion of the area served by a local agency is composed of non-English or limited-English speaking persons who speak the same language, LA shall insure that required WIC services provided to such persons in the appropriate language and/or in writing.

#### **C.R. - 3.0**

If an individual wishes to appeal any state agency (SA) or LA actions, the LA shall refer that individual to the SA. Individuals may make an oral or written request for a 'Fair Hearing' to the Director of the WIC Program in Austin, Texas.

#### **C.R. - 5.0**

If any individual feels his/her civil rights have been violated they can register a complaint with the LA, the SA, the Food & Consumer Service Regional Office, or the USDA. The LA must immediately send all civil rights complaints to the SA. The SA will send all complaints to the Regional Civil Rights Director.

#### **C.R. - 6.0**

Each LA must have mechanisms in place to make services available to persons with disabilities. Each LA will use the SA's '504 Checklist' to evaluate program accessibility for persons with disabilities.

#### **C.R. - 9.0**

The LA must collect participation data by racial/ethnic category from each participant on the WIC Program.

**O.R. – 1.0**

Each local agency (LA) shall develop and implement a plan for outreach emphasizing the enrollment of pregnant women in their first trimester and migrants.

**C.R. - 4.0**

The SA will monitor each local agency at least once every two years to determine the LA's compliance with state and federal civil rights policies and legislation.

**C.R. - 8.0**

LA employees shall receive civil rights training in appropriate time frames on specific content points.

## Civil Rights Review

Fill in the blank or circle the correct answers below:

1. Standards for determining eligibility and participation in the WIC Program apply to everyone regardless of (list six classes from policy C.R. - 2.0):

---

2. Participant's complaints become a civil rights complaint when they refer to:

- a. being discriminated against because they are a member of a class listed in C. R. 2-0.
- b. having to wait too long for an appointment.
- c. staff being rude to them.

3. If a participant says she has been discriminated against by the local agency because she is a member of a class listed in policy C.R. - 2.0, what does the local agency do with the complaint?

---

4. What does WIC staff do if they do not speak the same language as the client who wants services?

- a. find another staff member who can speak the participant's language to help the client or interpret.
- b. call an interpreter.
- c. call the Language Line interpreter services.
- d. any of the above, a., b., and c. are all correct answers.

5. Can a participant in a wheelchair file a civil rights complaint if she says she was discriminated against by clinic staff because she was in a wheelchair?

- a. no
- b. yes

# Peer Counselor Training Evaluation

Please help us evaluate this training course:

1. What did you like most about the training?

2. What did you like least about the training?

3. Do you feel the training has prepared you to counsel WIC mothers about breastfeeding? If not, what additional information do you need?

4. Did you feel the instructor was:

Excellent \_\_\_ Good \_\_\_ Fair \_\_\_ Poor \_\_\_

Comments:

5. Did you feel the handouts were:

Excellent \_\_\_ Good \_\_\_ Fair \_\_\_ Poor \_\_\_

Comments:

6. Did you feel the audiovisuals were:

Excellent \_\_\_ Good \_\_\_ Fair \_\_\_ Poor \_\_\_

Comments:

7. Other suggestions or comments: